



# SCHOOL NEWSLETTER

November 9, 2017

## Discover Oman Concludes!



We welcomed over 170 weary but happy students, chaperones and trip guides back to campus on Wednesday, November 8th. What a great week of student learning, with memorable opportunities to hike, swim, climb, abseil, kayak, ride camels, snorkel, create, learn more about ourselves and others, have opportunities to persevere individually and as a part of a team, and to learn more about our wonderful host country, Oman. Thanks to our 17 teacher chaperones, who worked hard to provide safe and memorable experiences for our students. Thanks also to Chad Johnson, our MS Discover Oman Coordinator, for all of his efforts to plan and carry-out this exciting week for students. Please enjoy these images of our trips. At our next MS Parent coffee, we will also share more about the MS Discover Oman week and program.



Beaches & Lagoons

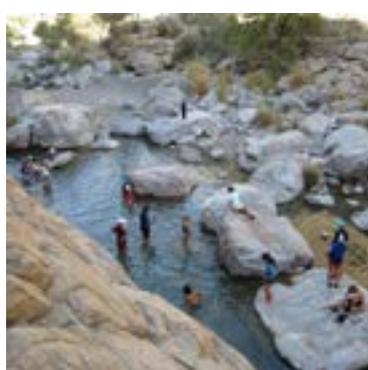


Cliffs & Mountains





Grade 6 Trips



**Camels & Turtles**



**Mountain Discovery**

**Ocean Adventure**



# MS AFTER SCHOOL ACTIVITIES

**Math Lab/MASH** - Math assistance for Mr. Johnson's and Mr. Campbell math students.

**Makerspace** - Calling all scientists & engineers! Do you have a design you want to build, an experiment you want to test, or want to learn a skill or two? Bring your goals to the makerspace to collaborate with peers and get support to develop your ideas and expertise.

**Power Hour** - Want to work on your homework before you go home? Need some help from a teacher? If you answered "yes" to either of these questions, Power Hour might be for you. Power Hour is a quiet, supervised homework time where you will have access to a laptop, if needed, and teacher assistance.

**FitKids** - Open to all MS students who want to come work out in the fitness room. You will be able to design and do your own fitness workout, which you learned about in PE class. Bring your exercise clothes, your phone and/or your iPad. A teacher will be there to help you with ideas and to help you remember to be safe.

**Slackers Slacklining** – Are you ready to rise to the challenge that is slacklining? If you're ready to calm your busy mind, increase your focus power, improve your core stability and reconnect with yourself, then slacklining is for you!

**Help Desk** - High School students helping MS students with their schoolwork in the MSLC.

## MS/HS Swim Club

Do you like to swim? Are you interested in swimming to stay fit, cross train, be part of a team, compete in an upcoming swim event or improve your stroke proficiency and swim stamina? Come join us in the pool for a workout. You can practice just a few days a week or many! The TAISM Swim Club is starting practices November 12th. [Check THIS LINK](#) for more information and sign-up.

## SCHOOL MEAL PLAN - WEEK Beg 12/11

DAILY LUNCH COMBO MAIN+SIDE+DESSERT+DRINK

### SUNDAY

#### ELEMENTARY SCHOOL

Peperoni Pizza  
or  
Margherita Pizza  
Roasted cajun potato chips  
Raw cut vegetables  
Whole fruit cuts  
Fresh fruit juice, milk, water

#### MS & HS

Peperoni Pizza  
or  
Margherita Pizza  
Roasted cajun potato chips  
Raw cut vegetables  
Whole Fruit  
Fresh fruit juice, milk, water

Vegetable Soup of the Day (800bs)  
Salad Bar 1 OMR

### MONDAY

#### ELEMENTARY SCHOOL

Spaghetti bolognaise  
or  
Spaghetti with mixed vegetables  
Raw cut vegetables  
Raspberry Mousse  
Fresh fruit juice, milk, water

#### MS & HS

Spaghetti bolognaise  
or  
Spaghetti with mixed vegetables  
Raw cut vegetables  
Raspberry mousse  
Fresh fruit juice, milk, water

Vegetable Soup of the Day (800bs)  
Salad Bar 1 OMR

### TUESDAY

#### ELEMENTARY SCHOOL

Breakfast for Lunch!  
Breakfast sausage, hash brown, scrambled egg  
Pancake  
(maple syrup & chocolate syrup)  
Fresh fruit juice, milk, water

#### MS & HS

Breakfast for Lunch!  
Breakfast sausage, hash brown, scrambled egg  
Pancake  
(maple syrup & chocolate syrup)  
Fresh fruit juice, milk, water

Vegetable Soup of the Day (800bs)  
Salad Bar 1 OMR

### WEDNESDAY

#### ELEMENTARY SCHOOL

Beef lasagna in rich ragout sauce  
or  
Spinach lasagna in bechamel sauce  
Raw cut vegetables  
ice cream  
Fresh fruit juice, milk, water

#### MS & HS

Beef lasagna in rich ragout sauce  
or  
Spinach lasagna in bechamel sauce  
Raw cut vegetables  
ice cream  
Fresh fruit juice, milk, water

Vegetable Soup of the Day (800bs)  
Salad Bar 1 OMR

### THURSDAY

#### ELEMENTARY SCHOOL

Chicken & cheese mini burger  
or  
Vegetable burger  
Roasted potato chips  
Coleslaw  
Whole Fruit  
Fresh fruit juice, milk, water

#### MS & HS

Chicken & cheese burger  
or  
Vegetable burger  
Roasted potato chips  
Coleslaw  
Whole fruit  
Fresh fruit juice, milk, water

Vegetable Soup of the Day (800bs)  
Salad Bar 1 OMR

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# Your Tool Kit to Survive Cold and Flu Season

There is no better time to talk with your children about how to stay healthy by keeping your immune system strong, and avoiding illness by washing your hands. Cold and flu virus are everywhere around us. On our mobile phones, on computer keyboards, door handles, and almost every surface we touch, where they can live for up to 7 days!



## How do they get there?

When someone is sneezing, coughing, or has a runny nose, they often cough, or sneeze into their hands. Now the viruses are transferred to everything they touch! It seems sometimes that there is nothing we can do to avoid getting the cold or flu virus.

The good news is, those viruses cannot enter our bodies and make us sick, unless we put them in our mouths or eyes! This is why **WASHING OUR HANDS** is so important. When we wash with warm soap and water before we eat, we remove the viruses and bacteria that we picked up during our day, so when we eat, we do not put them in our mouths and give them a place to grow. But what happens if we forget to wash our hands before we eat, or touch our eyes, and the virus enters our body? Our immune system is great at destroying the virus **BEFORE** it has a chance to multiply, but only if we keep our bodies strong.

## There are many things we can do to keep our immune system strong:

1. **SAY NO TO SUGAR.** Limit your intake of sugary food and drinks. Viruses and bacteria **LOVE** sugar. It feeds them and makes them grow and multiply.
2. **SLEEP.** Studies have shown that 6 hours of sleep or less per night seriously decreases our immune system's ability to fight off viruses.
3. **Eat your VEGETABLES.** Why? Because we now know that much of our immune system is actually from our intestines, where healthy bacteria live and work with us to kill off the cold and flu virus.
4. **Eating veggies and skipping sugary foods helps our immune system to stay strong.**
5. **VITAMIN D from the SUN.** We are lucky to live in Oman! All year, our bodies can make enough Vit D to protect us not just from cold and flu virus, but from heart disease and Cancer as well. Just 10 minutes at midday with no sunscreen will allow your body to make 10,000 iu. Those with darker skin may require up to 6 times that amount of time.

**But what do we do if our defences fail, and we start to feel tired, have muscle aches, fever/ chills, sore throat, cough, stuffy/ runny nose?** **STAY HOME.** You have a cold or flu (flu lasts longer, usually includes fever and body aches, and can sometimes lead to pneumonia, bronchitis, and sinus infections). Your body needs **REST.** When you sleep, your body can fight the virus.

**ANTIBIOTICS CANNOT KILL VIRUSES,** and may harm your immunity. Take Panadol, or cold medication from the pharmacy if the symptoms are too uncomfortable for you. These medications will **NOT** stop the virus. It is better to allow our bodies to have a fever. A higher temperature of the body keeps the virus from multiplying. Treat a fever with Panadol or Ibuprofen when it is more than 38.5C (101 F) and see a Dr. if you are short of breath, or become dehydrated. Influenza can cause serious illness in the weak or elderly. Drink plenty of **WARM FLUIDS** like tea with lemon, ginger, and honey, and take Vitamin C and zinc lozenges. These are all proven to inhibit viral growth. Keeping your family healthy, encouraging everyone to wash their hands frequently, and coughing or sneezing into a tissue or your sleeve, will help you, your family, and friends to stay healthy through cold and flu season, and throughout the year.

School Nurses,  
Carla and Deb